

# Vermont Quit Network

Where you're in charge of choosing the options that work for you.

## WOMEN'S HEALTH AND SMOKING

### **Tobacco use is a serious women's health issue.**

Women share the same health risks from smoking as men, but they also face risks that are unique to women – like problems with menstruation (more painful periods), cancer of the cervix, and problems in pregnancy.

- Over the past 50 years, as more women began to smoke, lung cancer deaths in women rose sharply. By 1987, lung cancer replaced breast cancer as the leading cause of cancer deaths in women.
- Smoking is linked to sudden cardiac death (where the heart stops beating), heart disease and stroke in women.
- Women who smoke will look older before their time, have more wrinkles, and will have a much harder time staying in shape because of breathing problems.
- The lungs of teen girls who smoke will not grow at the same rate as other teens. And the lungs of adult women who smoke will decline in function at earlier ages than in women who don't smoke.
- For women who may want to have a child one day, smoking raises your risk of infertility.
- Smoking raises the risk of having a stillbirth, going into labor before your baby is ready to be born, and having your baby die of sudden infant death syndrome (SIDS).
- Quitting smoking before you get pregnant is the best way to protect your baby's health and to prevent problems with pregnancy and delivery.

**You can breathe easier, stay younger looking longer, and improve your health by quitting smoking. And, the **Vermont Quit Network** can help.**



every try counts

1-800-QUIT-NOW (784-8669) [vtquitnetwork.org](http://vtquitnetwork.org)

VERMONT DEPARTMENT OF HEALTH

The **Vermont Quit Network** offers free nicotine replacement therapy – patches, gum or lozenges – to all Vermonters. Delivered to your home for FREE.